

Reduce & Re-use

Reduce...

To reduce waste means to use fewer things in the first place, so that you have less to throw away.

Re-use...

Reuse means using things again. If you can't reduce, then try to reuse some items more than once. Lots of things can be reused. If you can't reuse them yourself, give them to someone else who can.



Did you know?

7.2 million tonnes of food are thrown away by families in the UK every year.

Most of it could have been eaten.

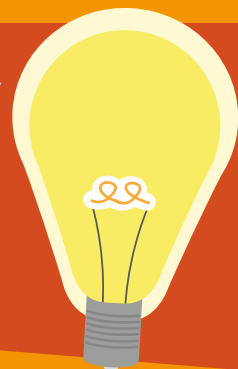


If we all stopped wasting perfectly good food, it would be like removing the CO₂ of

1 in 5 cars from our roads.

In one year, we throw away enough clothes to fill Wembley Stadium.

For every plastic bottle you don't buy, you save more energy than it takes to power a 60-watt light bulb for six hours! Use your own refillable bottle.



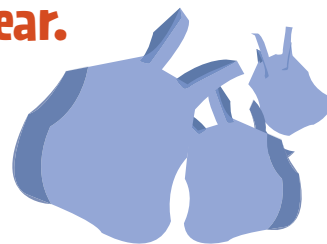
Re-using good clothes lowers the amount of energy that goes into making new ones.



When your clothes are too small, if you give them away to someone else,

less land, water and fertiliser will be used to make new ones.

17 billion plastic carrier bags are given or sold by supermarkets every year.



That's 290 bags per person. They are usually only used once and they end up hurting wildlife.

Top Tips

1. Encourage your family...

...to take their own **shopping bags** when they go shopping.



2.



Carry a re-usable water bottle and pack your lunch in a re-usable container!

3. When you buy an ice-cream ask for a cone not a tub.

Better for the environment and you can eat it!



4.



Say no to disposable straws and cutlery!

5.



Instead of plastic toys that would end up in landfill...

...fill your party bags with little books and a pack of seeds to be planted in spring, but no balloons as they are plastic and hurt wildlife.

Activities

At Home

Organise a cleanout weekend with your parents!

Take any clean and unwanted clothes and toys to a charity shop rather than putting them in the bin.

Talk to your parents!

Remind them of the reduce and reuse message at every opportunity. Even leftover decorating paint can be reused in art classes.

Make a plastic bottle puppet!

Re-use clean plastic bottles, scrap paper, wool and fabrics, PVA glue and let your imagination guide you!

Keep a Waste Diary for four weeks.

Make a note of all the positive actions you take each week to reduce the waste your household creates **(the top tips will help you)**.

Then compare the average number of rubbish bags before starting the challenge and the number of rubbish bags during the four weeks of the challenge.

Hopefully you will see a dramatic reduction in the amount you throw away!



At School

Make simple musical instruments by re-using some of your rubbish and explore the world of sound.

Make shakers by sticking two yoghurt pots together and putting dried rice or pasta inside, or by filling plastic bottles with sand.

Make a guitar by stretching elastic bands over an empty tissue box and toilet roll tubes.

Want to do some arts and crafts activity or make an exhibition?

Look in your recycling bin **(ask your teachers and parents at home to help you)** and you will be amazed by the little treasures you find in there!

Reuse paper, card, plastic lids, plastic bottles and tubs to create your next artwork. Try and organise a show in your class and invite your parents too!



Word search

Can you find all the words littered throughout the grid?

Level 1

BAGS

BATTERIES

CLOTHES

PACKAGING

PAINT

REDUCE

REPAIR

REUSE

REUSABLE

TOYS

R	S	B	T	N	I	A	P	M	D	D
E	Y	W	N	Q	B	E	S	U	E	R
C	O	V	S	G	F	W	R	J	Z	O
U	T	K	E	N	W	Z	E	R	E	A
D	L	S	I	I	F	H	U	T	Q	R
E	V	E	R	G	R	B	S	T	W	E
R	Q	H	E	A	B	I	A	N	C	P
P	L	T	T	K	A	U	B	T	J	A
L	C	O	T	C	G	B	L	Q	L	I
N	H	L	A	A	S	I	E	Q	V	R
U	J	C	B	P	D	D	W	Z	D	P

Level 2

BAGS

BATTERIES

CHAMPIONS

CLOTHES

DIARY

ELECTRICAL

MATERIALS

PACKAGING

PAINT

PLASTIC

RECHARGEABLE

RECYCLE

REDUCE

REPAIR

REUSE

I	F	L	S	G	A	B	B	N	H	J	V	G	Y	C
S	P	A	K	L	H	K	Y	O	L	H	V	E	C	R
C	A	R	C	H	A	M	P	I	O	N	S	R	Y	E
S	C	I	H	Q	A	V	P	G	D	M	H	A	L	T
E	K	P	K	G	U	B	P	O	A	I	X	B	N	W
H	A	N	Y	N	S	L	C	T	N	L	A	I	D	Y
T	G	S	V	G	A	L	E	Q	A	E	A	R	D	E
O	I	U	Y	S	L	R	U	C	G	P	X	R	Y	I
L	N	P	T	S	I	V	I	R	E	Y	R	T	A	E
C	G	I	Z	A	N	R	A	L	R	I	L	J	C	D
I	C	S	L	J	T	H	C	E	A	C	Y	U	X	R
E	W	S	H	C	C	Y	U	P	Y	A	D	Q	E	F
P	R	J	E	E	C	S	E	I	R	E	T	T	A	B
D	L	L	R	E	E	R	C	O	R	O	H	N	B	F
Q	E	P	R	L	R	Z	K	F	V	K	T	U	D	W